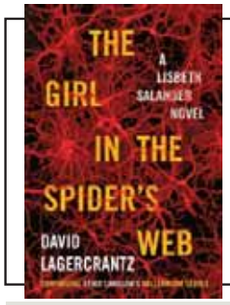

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Vancouver metro

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ROSEMARY WESTWOOD

FINDING THE BEAUTY IN PAGEANTS

metroVIEWS

Jaywalker wasn't hit, judge says

COURT

Court rules woman fell down while crossing road

Neal Hall
For Metro | Vancouver

A judge has rejected a woman's claim that she was hit by a Porsche in a downtown Vancouver crosswalk and instead found she was jaywalking.

Hanan Alsaeedi claimed she was heading to work at the Tommy Hilfiger store on Robson Street and was crossing Thurlow on the green light at Alberni when she was hit and knocked down Oct. 8, 2008. She said she never saw the car before it struck her, and estimated she was halfway through the crosswalk.

She claimed she suffered substantial injuries and was seeking monetary damages, but first had to prove in court the driver of the Porsche, Satvinder Singh Lally, was liable for causing her injuries.

Lally testified that his Porsche never struck Alsaeedi. He recalled waiting at the intersection for a break in the pedestrian traffic in the crosswalk and then slowly made his turn, then proceeded down the street.

He said Alsaeedi was crossing the street up to 20 feet past the crosswalk and she fell in front of his car. He said he shut off his engine and offered assistance, but the woman began swearing at him, accusing him of hitting her.

Lally said he obtained the business card of a witness to the incident, Mason Bennett, who testified he saw the Porsche turn at the corner. Bennett said he didn't see the car hit Alsaeedi but recalled the woman was crossing the street at least 10 to 15 feet from the crosswalk.

"The light was definitely red when she was running across," he said.

B.C. Supreme Court Justice Robert Jenkins concluded there was no impact between the plaintiff and Lally's vehicle, and found she fell while jaywalking.

"In this case, the defendant took abundant measures to avoid the unexpected," the judge said.

Alsaeedi was ordered to pay Lally's court costs for the three-day civil trial.

NEAL HALL/FOR METRO

IN THE RED

CONVENTION CENTRE BLAMED FOR TOURISM VANCOUVER'S $112-MILLION DEBT

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metro NEWS
Your essential daily news

Google app to link Android smartwatches with iPhones. **Business**

City calls for improved response after storm

WEATHER

Officials seek more hustle, communication from BC Hydro

Alice D'Eon
For Metro | Vancouver

After a dramatic weekend storm that brought trees crashing down and left thousands of people in the dark, Metro Vancouverites woke on Monday to find they weren't out of the woods yet.

Environment Canada issued a rainfall warning for all of coastal British Columbia on Monday morning as BC Hydro crew members continued work to restore power to more than 50,000 people.

But because BC Hydro's website went down several times over the weekend, Vancouver residents took to using the 311 line to report persisting power outages, the city said.

Deputy city manager Sadhu Johnston said the confusion showed there's room for improvement in terms of communication between the city and BC Hydro.

"(BC Hydro) were having a challenge getting information. The fact that their systems were down meant that we didn't know the extent or when certain areas would be coming back up, and that creates a planning challenge," Johnston said.

NDP MLA Adrian Dix was vocal about what he deemed to be a failure on the part of management at BC Hydro, saying he thought the crews were "let down a little bit by the website and IT failures at BC Hydro."

"What is required is that the urgency shown by city crews, and the urgency shown by BC Hydro crews, who did a great job on the ground, be matched by the same urgency from cabinet ministers and senior executives at BC Hydro," said Dix, who believes the IT breakdown of the weekend could have been predicted.

BC Hydro's online power-outages list reported that the number of people still without power was just over 30,000 by 6 p.m. on Monday.

However, it projected that all of the outages would be fixed by midnight.

The overall damages from the storm, Vancouver's worst in a decade, have not yet been tallied.

Lindsay Olsen, media relations officer for ICBC, said their agents fielded more than 3,500 calls over the weekend, up 50 and 66 per cent from the usual volume on Saturdays and Sundays, respectively.

City crews remained hard at work Monday.

Vancouverites on Water Street brave the rain Monday. ALICE D'EON/FOR METRO

"We had five flood calls this morning. Crews are out on alert to deal with storm drains in particular," said Mayor Gregor Robertson at a news conference.

In total, he said, park-board crews and the city's 311 call-centre operators, some working from their homes, responded to 18,000 calls over the weekend.

JUSTICE

Wrongfully convicted man seeks damages

The wrongful conviction of a British Columbia man who spent nearly three decades behind bars hinged on a flawed police investigation and Crown prosecutors who were willing to go to extremes to prove they'd found their man, a court has heard.

Ivan Henry's lawyer John Laxton was in B.C. Supreme Court on Monday to argue that his client deserves compensation after he was mistakenly convicted in 1983 of 10 counts of sexual assault and spent 27 years in prison.

"The consequences to Mr. Henry and his family have been devastating, and the honour and integrity of the judicial system have been seriously harmed," Laxton told the court.

"His release from custody did not release him from the demons that haunted him while in custody."

The B.C. Court of Appeal quashed Henry's convictions in 2010 following more than 40 applications for relief filed by Henry and his daughters.

Reading a piece of correspondence between two Crown lawyers from 1982, Laxton said one of the prosecutors wrote that "the accused is so obvious" before insisting that if "one girl" could successfully identify Henry, they would be able to link the remaining cases together against him.

THE CANADIAN PRESS

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B.C. NEWS

ICBC says soaring claim costs will mean higher insurance for drivers

It will be two months before the Insurance Corporation of B.C. applies for a specific change to basic insurance rates, but the province's drivers are being warned they will pay more.

ICBC has begun filing its basic insurance rate application with the BC Utilities Commission, but final parts of the application, including any request for a rate change, aren't due until the end of October.

Despite that, the provincial auto insurer said Monday that a recent leap in injury claims means that if its request were filed today, it would have to ask for a 6.7 per cent rate hike, the highest possible under current legislation.

ICBC president Mark Blucher said the corporation will work with government over the next few weeks to identify ways to reduce the impending rate increase.

The insurance corporation said costs for bodily injury claims topped $2 billion for the first time last year. THE CANADIAN PRESS

Put down your smartphone for Distraction Free Day

Think you could survive a day without your smartphone? Thomas Hicks wants you to try.

The Vancouver yoga teacher is urging everyone to give up smartphones, tablets, computers, Internet — and even credit cards — for 24 hours as part of Distraction Free Day. Hicks, who organized the initiative taking place Labour Day on Sept. 7, describes it as a "day just to be," free of gadgets and shopping.

"The idea is basically just to turn off all forms of our habituated, unconscious distractions," he told Metro. "To turn off the computer, the phone, the stereo, or whatever ... and just have an opportunity to live a life without all those technological inventions."

Don't get him wrong — Hicks has nothing personal against technology.

But, as a yoga instructor, he said he feels society has become too dependent on constant consumption and distraction.

THANDI FLETCHER/METRO

NDP blames convention centre for financial hole

ECONOMY

Yet Tourism Vancouver says tax hike will be reinvested

Neal Hall
For Metro | Vancouver

The Vancouver hotel tax is going up 50 per cent on Tuesday to help pay for Tourism Vancouver's increasing debt load from the new convention centre, NDP tourism critic David Eby said Monday.

He said the hike — the tax is going to three per cent from two per cent as of Sept. 1 — is expected to further raise the cost of Vancouver hotel rooms in a competitive market.

"I imagine you're looking at an extra $1.50 on an average hotel room of $150 a night," Eby said.

"Vancouver hotels are competing not just with Airbnb but other cities as well," he said.

The original price of the new Vancouver Convention Centre next to Canada Place was $495 million, but the final price tag was $883 million. It was completed in 2009 to serve as the broadcast centre for the 2010 Winter Olympics and effectively tripled the convention centre's capacity.

"The convention centre went almost double over its original cost," Eby said, adding Tourism Vancouver was asked to pitch in to cover some of the cost.

He said Tourism Vancouver now owes the province $112 million as of Dec. 31, 2014, an increase of about $2.7 million since 2013 and up from $97.5 million in 2010.

"Too much money is going to fund the debt," Eby said, adding that the province is charging Tourism Vancouver 6.1 per cent interest, even though the province borrowed the money at four per cent. "I think the province needs to reduce the debt (of Tourism Vancouver)," he said.

Tourism Vancouver president Ty Speer disagreed with Eby's assertion that the hotel tax increase will be used to help pay for the debt from the convention centre.

> **Too much money is going to fund the debt.**
> NDP's David Eby

According to a statement provided to Metro from the Ministry of Finance on Monday, Tourism Vancouver has been asking the province to increase the hotel tax rate since 2010.

"The province and Tourism Vancouver believe that these measures will lead to long-term financial stability for Tourism Vancouver, while maximizing potential for growing tourism in the Vancouver area," the statement reads.

The additional funds will be used to boost tourism through sales and marketing, said Speer, adding Vancouver tourism brings in $4 billion a year and is expected to hit a record nine million visits this year.

"We think additional investment in tourism is a good thing," he said, adding the city had a record summer with an eight per cent increase in U.S. visitors.

Last May, Vancouver was named North America's top destination for international meetings and conventions by the International Congress and Convention Association.

BACKGROUND

Tourism Vancouver's rising debt

- 2010: $658,755 paid on total debt of $97.5 million
- 2011: $1.2 million paid on total debt of $101 million
- 2012: $2 million paid on total debt of $106 million
- 2013: $3.1 million paid on total debt of $109 million
- 2014: $3.7 million paid on total debt of $112 million

SOURCE: TOURISM VANCOUVER ANNUAL REPORT

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REPORT

Vancouver's housing-affordability problem could get even worse: RBC

Emily Jackson
Metro | Vancouver

The latest forecast for housing affordability in Metro Vancouver is as grim as the return to grey skies.

Vancouver became even less affordable at a faster rate than anywhere else in Canada in the second quarter of 2015, according to an RBC Economics housing-affordability report released Monday.

The report measures affordability as the percentage of pre-tax income required to cover the costs of a home. For a Vancouver bungalow, that increased to a whopping 88.6 per cent compared to 71.4 per cent across B.C. and 59.4 per cent in Toronto, Canada's second least affordable city. (Condos are much more affordable across the board.)

That's nowhere near affordable based on Canada Mortgage and Housing Corporation's standard of spending no more than 30 per cent of income on housing.

And affordability is expected to get even worse as buyers continue to snap up homes despite the soaring prices. Resale activity was up in Metro Vancouver, Victoria and the Fraser Valley, according to RBC.

Vancouverites protest at a #DontHave1Million rally in May 2015. EMILY JACKSON/METRO

"Vancouver's housing affordability readings are nearing the worst levels ever recorded in Canada, but this is still not reining in buyer demand at all," RBC chief economist Craig Wright said in a news release.

"Further price acceleration and affordability deterioration are even very likely in the near term," Wright said.

IN BRIEF

Natural gas leak under control: Fortis BC

Fortis BC say a natural gas leak in Vancouver's downtown core was quickly brought under control Monday morning.

Crews upgrading a plaza in front of the Vancouver Art Gallery ruptured a gas line.

The leak forced the closure of West Georgia Street, between Burrard and Howe streets, which is a major downtown thoroughfare.

Police at one point reported gas bubbling up through the sidewalk and urged people to avoid the area.

Fortis said in the early afternoon Monday that the leak was under control and repairs were to begin shortly. Fortis BC spokesman Michael Allison says technicians had to go door-to-door or business-to-business to relight pilot lights for appliances.

THE CANADIAN PRESS

Wildfires still a concern in southern interior

A cooler trend across British Columbia hasn't dramatically reduced the number of wildfires.

Provincial information officer Ryan Turcot says six new fires were sparked Sunday, bringing the total number of wildfires to 177 across the province.

He says heavy rain brought relief on the coast and some rain fell in parts of the southern Interior, but that region was also hit by heavy winds.

Evacuation alerts were lifted over the weekend in the Grand Forks and Christina Lake areas although Turcot says the nearby Stickpin wildfire close to the border in Washington state is still uncontrolled.

THE CANADIAN PRESS

Conveyor problem affects U.S. flights

It was a rough start to the day for passengers flying to the United States from Vancouver International Airport.

YVR reports the U.S. departures baggage system had mechanical problems early Monday morning.

The breakdown of the luggage conveyors was fixed before 7 a.m., but it delayed several U.S.-bound flights.

Most of those delays had been cleared within an hour and flights were back on schedule.

The airport has not said what caused the problem.

THE CANADIAN PRESS

Canadians don't want Trump for president

SURVEY

The Donald is least-liked in Ontario and B.C., says poll

Emily Jackson
Metro | Vancouver

Local developers and politicians welcomed The Donald with open arms when he announced plans to build a swanky Trump Tower in Vancouver two years ago, but the majority of Canadians apparently wouldn't extend such a warm reception.

Sixty-two per cent of Canadians think it would be bad for Canada if real estate tycoon and Republican leader hopeful Donald Trump gets elected U.S. president in 2016, according to an Insights West poll released Monday.

Trump is liked least in British Columbia and Ontario — the two provinces are home to massive Trump Towers — with 70 per cent and 65 per cent of residents concerned about his leadership respectively.

Insights West's Mario Canseco didn't know whether the towers had any impact on opinions, (although Torontonians were certainly less than impressed when a swaying antenna on Trump Toronto stopped traffic during Monday's rush hour).

Donald Trump, flanked by his son Donald Jr. (left), Holborn CEO Joo Kim Tiah and Coun. Geoff Meggs, announces plans for a Trump Tower in Vancouver on June 19, 2013. EMILY JACKSON/METRO

Rather, he said the poll is a reflection of different standards of respect for business people and politicians.

"This is not a poll about the respect you have for him as an entrepreneur. This is about you imagining he's going to be in the White House for four years," he said.

While Canadians are in fierce debates with the federal election just around the corner, he said there was non-partisan agreement that Trump wouldn't be a great president.

Not even the majority of Conservatives, who are typically more favourable towards Republican candidates, sided with Trump.

Meantime, Democratic frontrunner Hillary Clinton enjoys more support north of the border. Only 20 per cent of Canadians think she'd be bad for Canada in the role of president. But Conservatives liked her less — 34 per cent were against her.

The online survey of 1,006 Canadians was conducted from Aug. 19 to Aug. 20.

Whether its namesake is still in the presidential race, Vancouver's Trump Tower is scheduled to open in summer 2016.

CRIME

Police seek stabbing witnesses

Vancouver police want to talk to passersby who whipped out their cell phones to snap pictures and video of a downtown brawl last week.

A 21-year-old man was stabbed during the large fight that occurred at the Esso gas station at Davie and Burrard on Aug. 26 around 3 a.m., according to a statement from Vancouver police. The victim has since been released from hospital and is recovering. The surveillance showed multiple witnesses who appeared to be filming or taking pictures with their cell phones before, during and after the stabbing. Anyone with images is asked to contact police at 604-717-2541 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

IN BRIEF

No charges laid in unicorn incident in cemetery

A 911 caller in Victoria was adamant that he saw a unicorn chasing a screaming man through a cemetery on Sunday night.

Police soon learned the supposed attacker and his buddy were making what was meant to be a funny video. The two men in their 30s apologized for the unintended impact of their actions.

No charges are being laid. THE CANADIAN PRESS

PORNOGRAPHY

Man charged in sex assault of child

Neal Hall
For Metro | Vancouver

An Abbotsford man has been charged with sexual assault of a child under 16 and making child pornography after selling a laptop computer online.

The new owner of the computer, which was bought through classified ads website Craigslist, found disturbing images on the computer and contacted Abbotsford police, which found images of sexual abuse of a child.

Police executed a search warrant last Friday at the home of the former owner of the laptop, Jonathan Grunwald, 52, who was charged with sex assault of a child under 16, sexual interference, invitation to sexual touching, making child pornography and possession of child porn.

"Like a lot of other people charged, he wasn't on police radar," Abbotsford police spokesman Const. Ian MacDonald said Monday.

He said the B.C. child was identified and now is safe. Support has been established for the child and their family, he added.

MacDonald said the major crime investigation is continuing and police request anyone with information to call Abbotsford police.

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YWCA METRO VANCOUVER

Time for a PM who cares, Mulcair says

ELECTION 2015

NDP leader has $40M plan to curb violence against women

NDP Leader Tom Mulcair unveiled $40 million in new measures Monday aimed at curbing violence against women as he promised to undo what he called an "underlying attitude of racism" that he says has prevented a national inquiry into violence against aboriginal women.

Mulcair made his pitch in Saskatchewan, a province with one of the highest rates of violence against women, where he said he would repair the federal government's relationship with indigenous women.

"Now, I say this to every mother, to every daughter, to every sister, that it's time you had a prime minister who cares," Mulcair said in Saskatoon.

Mulcair committed to restore a shelter-enhancement program scrapped by the Conservative government, saying it would have sufficient funding to ensure no woman in need is turned away from a shelter.

"In April 2014, on just one night, 338 women and 201 children fleeing violence were turned away from shelters because there weren't enough spaces," he said.

"That's unacceptable in a country like Canada."

He also vowed to work with women's groups, indigenous peoples, communities and organizations to create a national action plan to end violence against women and girls, with dedicated funding and benchmarks for progress.

That's on top of Mulcair's previous commitment to call an inquiry into the nearly 1,200 aboriginal women who have vanished or been murdered since 1980. He said he would launch the inquiry within his first 100 days in office.

"If there still hasn't been an inquiry today, to this date, on murdered and missing indigenous women in Canada, it's because of an underlying attitude of racism," he later added. "We're going to change that attitude."

Campaigning in Ottawa, Conservative Leader Stephen Harper said his government has implemented a series of initiatives to improve safety for aboriginal women, including giving police more investigative tools and providing more money for prevention services.

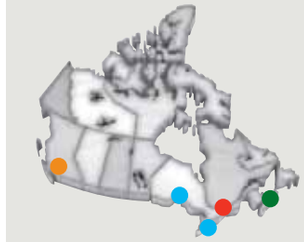
"We also brought in a series of criminal justice reforms to make sure there are serious penalties for those who commit violence against women, obviously commit violence more generally," Harper said.

A report in January from the Inter-American Commission on Human Rights, an arm of the Organization of American States, said aboriginal women in Canada are murdered or disappear at a rate four times higher than their representation in the population.

THE CANADIAN PRESS WITH FILES FROM TORSTAR NEWS SERVICE

Tom Mulcair, left, looks on as First Nations drummers perform in Saskatoon, Sask., before a New Democratic Party announcement Monday. JOSH SCHAEFER/THE CANADIAN PRESS

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Burlington and Sault Ste. Marie, Ont.
- **Justin Trudeau** will be in Gatineau and Laval, Que.
- **Tom Mulcair** will be in Kelowna, Vernon and Kamloops, B.C.
- **Elizabeth May** will be in Halifax and Charlottetown.

ELECTION 2015

Tories a no-show for meeting — again

Michael Woods
Metro | Ottawa

After no Conservative candidates showed up to a meeting with Ottawa's mayor last week, nearly all of them skipped the do-over Monday morning — opting instead to attend a Stephen Harper rally a few blocks away.

Only two of nine local Conservative candidates — Dev Balkissoon and Pierre Poilievre — showed up to the mayor's office for the rescheduled meeting.

"It's a very busy time on the campaign trail. I was happy to be able to make it here today," Poilievre said after the meeting when asked about his colleagues' absence.

> **It's a very busy time on the campaign trail.**
> Pierre Poilievre

"I think some of them were with the prime minister today, and understandably so."

Mayor Jim Watson has invited candidates from all parties to meetings about matters important to the city, such as economic development, transit and affordable housing. All local Green and Liberal candidates attended their briefings, while the NDP's is scheduled for Thursday.

The Conservative meeting had been rescheduled to Monday morning after no Tory candidates showed for the original meeting last Tuesday. Poilievre told Watson at the time that there was confusion about the date.

Poilievre's office suggested Monday as a reschedule date, and the mayor's office agreed.

"Mayor Watson would have liked to have seen more candidates in attendance to learn about these important issues but he recognizes that time is short in a campaign and there is always competition for a candidate's time," the mayor's spokesman, Brook Simpson, said in a statement.

Conservative Leader Stephen Harper speaks with Toronto Blue Jays Manager John Gibbons during batting practice in Toronto on Monday. ADRIAN WYLD/THE CANADIAN PRESS

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Idol worship critic shot dead in India

RELIGIOUS INTOLERANCE

Attack is third on crusaders against superstition

Following a knock at his front door, an Indian scholar greeted two unidentified visitors and was shot in the head and the chest, becoming the third critic of religious superstition to be killed in the country in three years.

The attack on Malleshappa M. Kalburgi sent a chill through Indian civil society, stoking worries about religious extremism and intolerance and prompting an outpouring of condemnation, as the 77-year-old author and academic was cremated Monday in his hometown of Dharwad, in the southern Indian state of Karnataka.

Authorities are searching for two men who according to Kalburgi's daughter arrived on a motorcycle at their home Sunday, knocked on the door and fired two shots that killed her father, Inspector S.S. Hiremath said.

> **Everyone has the right to express his opinion.**
> Actor and director Girish Karnad

Police are investigating whether Kalburgi's murder is connected to death threats he received last year from angry right-wing Hindu groups after he criticized idol worship and superstitious beliefs by Hindus. He was provided police security after the threats but it was removed about two weeks ago at the scholar's request, police said.

The attack was widely condemned.

"Everyone has the right to express his opinion," actor and director Girish Karnad said. "If this grows in Karnataka, we are in trouble."

Columnist Nitin Pai, who founded a think-tank in the southern city of Bangalore, said on Twitter that he was "Shocked at the murder of M.M. Kalburgi. Disgusted that his killers have apologists among us."

India has long held secularism to be a keystone of its constitution — and a necessity for keeping the peace among its cacophony of cultures defined by caste, clan, tribe or religion, including Islam, Christianity, Judaism, Hinduism, Sikhism, Jainism and Buddhism.

Earlier this year, unknown attackers gunned down another anti-superstition crusader, Indian writer and communist politician Govind Pansare, as he and his wife were taking a walk in western Maharashtra state.

In another daytime attack in 2013, two assailants gunned down Narendra Dabholkar, a 68-year-old doctor-turned-activist, while he was out for a walk in the Maharashtra city of Pune, near Mumbai.

THE ASSOCIATED PRESS

STORMWATCH
SATELLITE SPOTS THREE HURRICANES
NASA's Terra satellite saw Hurricanes Kilo, left, Ignacio, centre, and Jimena, right, all category-four hurricanes, lined up across the Central and Eastern Pacific Ocean on Saturday. This is the first time there have been three active hurricanes in the area this season.
COURTESY NASA GODDARD MODIS RAPID RESPONSE

TECHNOLOGY

Android smartwatches now connect to iPhones

Google is introducing an application that will connect Android smartwatches with Apple's iPhone, escalating the rivals' battle to strap their technology on people's wrists.

The move thrusts Google on to Apple's turf in an attempt to boost the lacklustre sales of watches running on its Android Wear software. The program uniting the devices running on different operating systems is being released Monday in Apple's app store.

Until now, Android watches worked only with smartphones powered by Android software, just as the Apple Watch is designed to be tethered exclusively to the iPhone.

Google's new app, though, will enable the latest Android watches to link with the iPhone so people can quickly glance at their wrists for directions, fitness information and notifications about events, emails and Facebook updates.

The devices still won't be able to be tied together in a way that will allow the Android watches to communicate with all the other apps that a user might have installed on the iPhone.

> **This is a shrewd move by Google to expand its potential market.**
> IDC analyst Ramon Llamas

That roadblock is likely to discourage many iPhone owners from defecting from Apple to buy an Android watch unless Google eventually finds a way to overcome the obstacle, said IDC analyst Ramon Llamas.

For now, the Android watches are most likely to appeal to iPhone owners reluctant to spend a lot of money on a device that remains more of a novelty than an essential gadget.

Google expects the prices of Android watches compatible with the iPhone to range from $100 US to $400 US. Apple, which has a long history of demanding premium prices for its products, sells most of its watches for $350 US to $1,000 US, though its luxury models cost more than $10,000 US.

The upcoming Android watches that will work with the iPhone include the Asus ZenWatch 2 and the Huawei Watch. LG Electronics already makes an Android Watch, the $300 US Urbane, that's compatible with the iPhone.

THE ASSOCIATED PRESS

market minute

DOLLAR
76.01¢ (+0.34¢)

TSX
13,859.12 (-5.95)

OIL
$49.20 US (+$3.98)

GOLD
$1,132.50 US (-$1.50)

NATURAL GAS: $2.689 US (-2.6¢)
DOW JONES: 16,528.03 (-114.98)

metro VIEWS
Your essential daily news
Tuesday, September 1, 2015

metro's election explainer

Why is infrastructure an election issue?

Liberal Leader Justin Trudeau set tongues wagging when he announced his party's plans to run three years of "modest" deficits to fund a $125-billion infrastructure-spending spree. He says that will work out to a $10-billion shortfall each year, with a return to a balanced budget in 2019-2020.

Conservative Leader Stephen Harper instantly threw Trudeau's famous line from last year ("The budget will balance itself") back in the Liberal Leader's face. NDP Leader Thomas Mulcair reiterated his party's commitment to a balanced budget, which Trudeau claims will require spending cuts no matter which way the books are sliced and diced. But what would an infrastructure infusion really mean for Canada? Here are answers to a few common questions.

What exactly is infrastructure, anyways?

That's a matter of debate. Most people think of infrastructure as public works: roads, bridges, transit — things that improve economic productivity. But the Liberal plan also includes "social infrastructure," such as seniors' centres and housing projects.

How badly do we need an infrastructure boost?

The Federation of Canadian Municipalities says cities and towns around the country are facing a $123-billion gap between their infrastructure needs and their resources. Either the difference will have to be made up by other levels of government, or communities will need to do without.

Does infrastructure really help perk up the economy?

Trudeau says his plan is designed to "create growth," and according to the FCM, each dollar invested in public works generates an extra $1.20 in yearly GDP growth. That's why infrastructure development is often part of stimulus projects designed to help the economy bounce back from a downturn — usually worse than the slump we're in. The efficacy of this is hotly debated. Examples are the New Deal in the 1930s U.S., and the Harper government's post-2008 Economic Action Plan, which at $63 billion, is dwarfed by the Liberals' proposal.

What are other parties promising?

NDP: Work up to an extra $1.5 billion per year in infrastructure, plus $1.3 billion for transit. Tories: An $80-billion, 10-year plan: $5.3 billion per year, plus $250 million for transit (to increase to $1 billion by 2019), $150 million in projects marking Canada's 150th birthday.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

A healthy commute is easier than you think

YOUR RIDE
Karen Quinn Fung

With the final week of summer vacation upon us, the chaos and upheaval after Labour Day is enough to make even the bravest among us think twice about venturing out onto hectic roads.

But the shifting season and change in daily schedules can also be a good chance to think through what it would look like to transition from a healthy, active summer season to an equally active daily routine in the fall and winter.

If that involves changing up your commute with more walking, cycling or transit, now is a fantastic time to smooth out the wrinkles ahead of that first week. Get the basics out of the way, like picking a route and tackling logistics like gear or storage. By getting the jump on your routine before Labour Day, you can go at your own speed, get comfortable now and be familiar and confident by the time the roads are packed next week.

Worried about whether you'll be able to stick with it and hesitant about dropping money on it? Consider starting out with used or consignment gear and leaving the pricey stuff until you know more about what works for you.

For those of us with school-aged kids, getting and keeping our children active matters on a whole host of levels. Healthy habits in adulthood start with engaging in play and developing awareness of our bodies outdoors. The more we do it, the easier it is to keep doing it — and it's never too late to start.

For your family, joining or starting a walking school bus or bike train at your child's school might be a great option. Travelling in groups allows like-minded families in the same neighbourhood to help out and save each other time by pooling resources.

Even better, it gets kids socializing with adults and their peers across age groups through a simple, low-impact activity that has been shown to assist with concentration in the classroom. While starting a group takes upfront effort, the payoff for kids in the form of improved energy from being outdoors and being active — equivalent on average to two extra gym classes per week — may well last a lifetime.

But if this all sounds like too much, even much smaller steps can be a good start. Drop kids off at an easy, safe walk away from their destination. Practice makes perfect when it comes to learning the rules of the road. Others might welcome one fewer car that's cramming right up to the busy spots.

The more we do it, the easier it is to keep doing it — and it's never too late to start.

And for you? Park or get off at a bus stop a little further away. Grab a moment to smell some roses or coffee, and take some deep cleansing breaths on your walk in. For all the patience required to get through next week, you'll probably more than deserve it.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD

metroview

How a champion changed my views on beauty pageants

If you'd asked me last week, I'd have said beauty pageants are where feminism goes to die.

Pageants are prime-time, high-gloss prostitution. They're hokey and, worse, gaudy messes. They feature a criminal lack of taste for such a multi-outfit affair. And despite the swimsuit/spray-tan section, they manage to kill sex appeal, any actual sensuality being buried under excessive makeup and plastic smiles.

They're only informative insofar as they reinforce the cliché of the dumb blonde (see Miss Teen South Carolina of "such as the Iraq" fame). Some — like Miss America — hawk themselves as key scholarship programs, but thanks to John Oliver, we know that's a load of sparkly crap, too.

Interesting women can be found anywhere but on that stage. With the exception of Ashley Burnham.

The 25-year-old from Enoch Cree Nation in Alberta won Mrs. Universe last weekend — billed as the beauty pageant for the charitable and human-rights inclined, and the already married.

Burnham — an actor, model and activist — resonated with the pageant's theme of ending domestic violence and protecting children. It's a cause intimately tied to her own childhood, which she has said was an ongoing terror of physical and sexual abuse.

Burnham (née Callingbull) is using her platform to speak for survivors of abuse and promote Cree culture. She displays little fear or modesty. "I'm breaking barriers," she said. Damn right.

She's the first aboriginal woman to win this crown. She might be the first aboriginal beauty queen you've heard of. She brought the artistry of a round dance song and a traditional jingle dress to the contest. There would be, she said, no "Pocahottie."

Of course, Burnham is stunning, with angled, almond eyes, full lips and long dark hair. She reportedly lost 45 pounds for the pageant, and in swimsuit photos she's sculpted and strong. For her coronation, she wore a plunging-V-neck, seafoam-green gown — and it was fabulous.

I'd love Burnham to find an audience without competing for a panel of judges. But I strain to imagine how else she might trend higher on Instagram than Kanye West's 2020 presidential bid. And while indigenous Canada already knew her, she's meeting the rest of us because she's a newly crowned beauty queen.

Mostly, I have little more than disdain for the women who subject themselves to the female equivalent of a dog show.

But I respect Burnham. She makes a poor source for pageant blooper reels, and a champion hard to ignore.

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Your essential daily news

Liam Hemsworth to play himself in Muppets revival

Sexuality and social status

RESEARCH

Richer women less likely to act on same-sex attraction, study claims

It's been suggested in the past that women may be more likely to be bisexual than men, and a new study reveals that social status might play a role in whether or not a woman will veer from heterosexual dating.

Being physically attractive and highly educated makes women more likely to identify themselves as being 100 per cent heterosexual, according to the study.

"Women who are initially successful in partnering with men, as is more traditionally expected, may never explore their attraction to other women," says study author Elizabeth Aura McClintock of the University of Notre Dame in the U.S.

"However, women with the same sexual attractions, but less favourable heterosexual options might have greater opportunity to experiment with same-sex partners."

She adds that women who act on their homosexual desires are more likely to identify themselves as someone who swings both ways.

Working with data from the National Longitudinal Study of Adolescent to Adult Health (Add Health), McClintock traced the love lives of 5,018 women and 4,191 men.

She limited her sample to the first, third and fourth waves of the report, which were defined by the period of time in which they were collected: The first taken from 1994-1995, the third from 2001-2002 and fourth from 2007-2008.

Participants in the first wave averaged 16 years of age, 22 in the third and 28 in the fourth and nobody was asked to identify their sexuality until the third wave.

First, she confirmed existing research that indicates women are more likely than men to describe themselves as bisexual, whereas men tend to choose one side or another.

Changing one's sexual identity over time was three times more likely for women than for men, according to the study.

Physically attractive, highly educated women were more likely than others in the third and fourth waves to report being 100 per cent heterosexual, yet those who had had a child by the third were less likely to describe themselves as such.

This was in line with McClintock's hypothesis that avoiding young motherhood was another aspect of how social status facilitates a hetero-conformist identity.

Women who were not mothers at a young age likely had more ease of honing successful romances, she says.

"Women with some degree of attraction to both males and females might be drawn into heterosexuality if they have favourable options in the heterosexual partner market," says McClintock.

The study, which has implications for sexual identity as a social construct, was presented at the 110th Annual Meeting of the American Sociological Association last month in Chicago.

A 2013 study published in the journal Evolutionary Psychology concluded that women are more likely than men to be bisexual. AFP

FOR MEN

• Higher education levels meant the likelihood of men identifying themselves as 100 per cent heterosexual was lower, according to the study, and physical beauty could not be linked with men's sexual identity.

• Changing one's sexual identity over time was three times more likely for women than for men, the study from the University of Notre Dame found.

In a study that has implications for sexual identity as a social construct, the study author found that "women who are initially successful in partnering with men, as is more traditionally expected, may never explore their attraction to other women." ISTOCK

SURVEY

How millennials are changing the health-care experience

A global survey of more than 3,000 people suggests health care could be at a turning point to cater to millennials. This year, the millennials overtook Baby Boomers as the largest living generation and they approach their health differently from their parents.

Social networking, onscreen and off

One key finding is that 70 per cent of millennials select their doctors based on referrals from family and friends, whereas only 41 per cent of those over age 65 do so.

What's more, 51 per cent of patients over the age of 65 express dissatisfaction with their care directly to their doctors, whereas 60 per cent of millennials shout out their unsatisfactory experiences with health care to their friends.

Unlikely to hear from millennials directly, providers face a new challenge with them, for the survey also revealed this generation is likely to trust feedback from their social networks.

> **"I ruled out several doctors, including one I was originally considering because someone mentioned they felt rushed and treated like a paycheque.**
>
> 25-year-old Kay Zimmermann, on using online reviews to find a new doctor

It's becoming digital

Not surprisingly, the survey revealed that millennials are also more likely to seek out health care information online, with more than 54 per cent reportedly doing so before even seeing a doctor.

"When I needed to find a new physician, I looked for a doctor within my insurance network and then turned to online reviews," says 25-year-old patient Kay Zimmermann.

"Based on the comments, I ruled out several doctors, including one I was originally considering because someone mentioned they felt rushed and treated like a paycheque during their appointment."

Like restaurants, movies and other products, health care will find itself having to adjust to customers' newfound appreciation for digital reviews, easily accessible online, and cater accordingly, according to the survey.

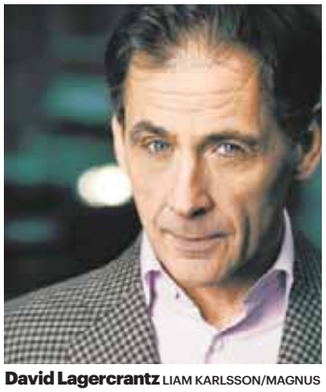
"These are informed health care consumers who, if they feel rushed, are likely to share criticism online," says Dr. Tony Oliva of Nuance Communications, who conducted the survey.

"Health care organizations need to find ways to help physicians optimize time spent with their patients and to protect their reputations."

Spending more time with patients is one strategy, according to Nuance. AFP

BOOK EXCERPT THE GIRL IN THE SPIDER'S WEB BY DAVID LAGERCRANTZ

'She was on the hunt'



David Lagercrantz LIAM KARLSSON/MAGNUS

Troubled genius hacker Lisbeth Salander and crusading journalist Mikael Blomkvist are back. The two characters are at the heart of Stieg Larsson's Millennium Series — The Girl With the Dragon Tattoo, The Girl Who Played With Fire and The Girl Who Kicked the Hornets' Nest. When Larrson died suddenly in 2004, fans thought that would be the end of the blockbuster books.

But his publisher hired Swedish writer David Lagercrantz to continue the series. Now, Salander and Blomkvist feature in The Girl in the Spider's Web (Penguin Random House, Sept. 1, $34). See how Lagercrantz has continued the series in this excerpt from the new novel. The first two lines are text on a computer IM.

EXCERPTED FROM THE GIRL IN THE SPIDER'S WEB BY DAVID LAGERCRANTZ AVAILABLE SEPTEMBER 1, 2015 WHEREVER BOOKS ARE SOLD. COPYRIGHT © 2015 DAVID LAGERCRANTZ. PUBLISHED BY VIKING CANADA, A DIVISION OF PENGUIN RANDOM HOUSE CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

<Tell me! How does it feel?>

<Empty>, came the answer.

Empty.

That was how it felt. Salander had hardly slept for a week and she had probably also had too little to drink and eat, and now her head ached and her eyes were bloodshot and her hands shook and what she wanted above all was to sweep all of her equipment to the floor. In one sense she was content, though hardly for the reason Plague or anyone else in Hacker Republic would have guessed. She was content because she had been able to get some new information on the criminal group she was mapping out; she had found evidence of a connection which she had previously only suspected. But she kept that to herself, and she was surprised that the others could have imagined that she would have hacked the system for the hell of it.

She was no hormone-fuelled teenager, no idiot show-off looking for a kick. She would only embark on such a bold venture because she was after something very specific, although it was true that once upon a time hacking had been more than just a tool for her. During the worst moments of her childhood it had been her way of escaping, a way to make life feel a little less boxed in. With the help of computers she could break through barriers which had been put in her way and experience periods of freedom. There was probably an element of that in the current situation too.

First and foremost she was on the hunt and had been ever since she woke up in the early light of dawn with her dream of that fist beating rhythmically, relentlessly on a mattress on Lundagatan. Her enemies were hiding behind smoke screens and this could be the reason why Salander had been unusually difficult and awkward of late. It was as if a new darkness emanated from her. Apart from a large, loudmouthed boxing coach called Obinze and two or three lovers of both sexes, she saw hardly anyone. More than ever she looked like trouble; her hair was straggly, her eyes threatening, and even though she sometimes made an effort she had not become more fluent at small talk. She spoke the truth or said nothing at all. As for her apartment here on Fiskargatan . . . that was a story in itself. It was big enough for a family with seven children, although in the years since she had acquired the place nothing had been done to decorate it or make it homey. There were only a few pieces of Ikea furniture, placed seemingly at random, and she did not even have a stereo system, perhaps because she did not understand music. She saw more melody in a differential equation than in a piece by Beethoven. Yet she was as rich as Croesus. The money she had stolen from that crook Hans-Erik Wennerström had grown to a little more than five billion kronor, so she could afford whatever she wanted. But in some way — which was typical of her — her fortune had not made any mark on her personality, unless perhaps it had made her yet more fearless. She had certainly done some increasingly drastic things of late.

Our favourite heroine Lisbeth Salander, played here by Noomi Rapace, returns in her latest incarnation as The Girl in the Spider's Web. KNUT KOIVISTO

PICKING UP LARSSON'S MANTLE

Author of new Millennium book haunted by spectre of Salander

When author and journalist Stieg Larsson died of a heart attack in 2004, his fantasies of literary success were fated to go unrealized in his lifetime. Larsson had recently found a publisher for his Millennium trilogy of crime novels, which followed the exploits of a deeply disturbed but brilliant and morally upright hacker named Lisbeth Salander. He hoped to earn enough from their publication to take up fiction full time.

The 2005 publication of Men Who Hate Women (retitled The Girl with the Dragon Tattoo for the English translation), the first of Larsson's trilogy, changed the course of crime fiction. The trilogy went on to sell over 80 million copies and spawned four movie adaptations, surpassing Larsson's modest dreams of full-time authorhood hundreds of times over.

LIAM KARLSSON/MAGNUS

A decade after the publication of The Girl with the Dragon Tattoo, Larsson's publisher has pulled off the unlikely feat of releasing a new Lisbeth Salander novel, The Girl in the Spider's Web.

The novel was commissioned and written under a veil of secrecy and intrigue the series' creator would no doubt have found amusing.

David Lagercrantz, a novelist, biographer and former crime reporter, was chosen by Larsson's publisher and literary estate to continue the Millennium series.

Known outside of Sweden for ghostwriting the bestselling autobiography of soccer icon Zlatan Ibrahimovic, Lagercrantz was shocked when Larsson's publisher approached him.

"I didn't believe them at first," Lagercrantz says, speaking from his home in Stockholm. "But my agent, the publisher and the estate saw certain patterns in my writing and thought I would be perfect. I've always been interested in geniuses like Salander who society has treated badly and who have fought back."

Lagercrantz wasn't sure if he was up to the task of getting inside the mind of Salander, a heroine whose off-the-charts IQ, computer savvy and lust for righteous, retributive violence have made her a pop-culture icon. "I was terrified that people would say to me that I couldn't live up to the original books," he admits.

"But the terror made me a better writer."

Still, the spectre of Salander haunted him. "I had so much trouble with her because I put too much emotion into the character," he explains.

"It didn't suit her — you had to feel her anger between the lines."

Inspiration came from an unlikely source: rewatching Christopher Nolan's Batman trilogy.

"I realized that what's fascinating about Salander is that, like any superhero, she has this great mythology. She grew up with a mother being raped and abused by an evil father, who is protected by the security forces, and she learns that she has to take revenge herself."

The result is a thoroughly modern, unapologetically angry heroine.

"There are certain characters that we have to go back to so that we can understand them. We will go back to Lisbeth Salander for ages," says Lagercrantz.

TORSTAR NEWS SERVICE

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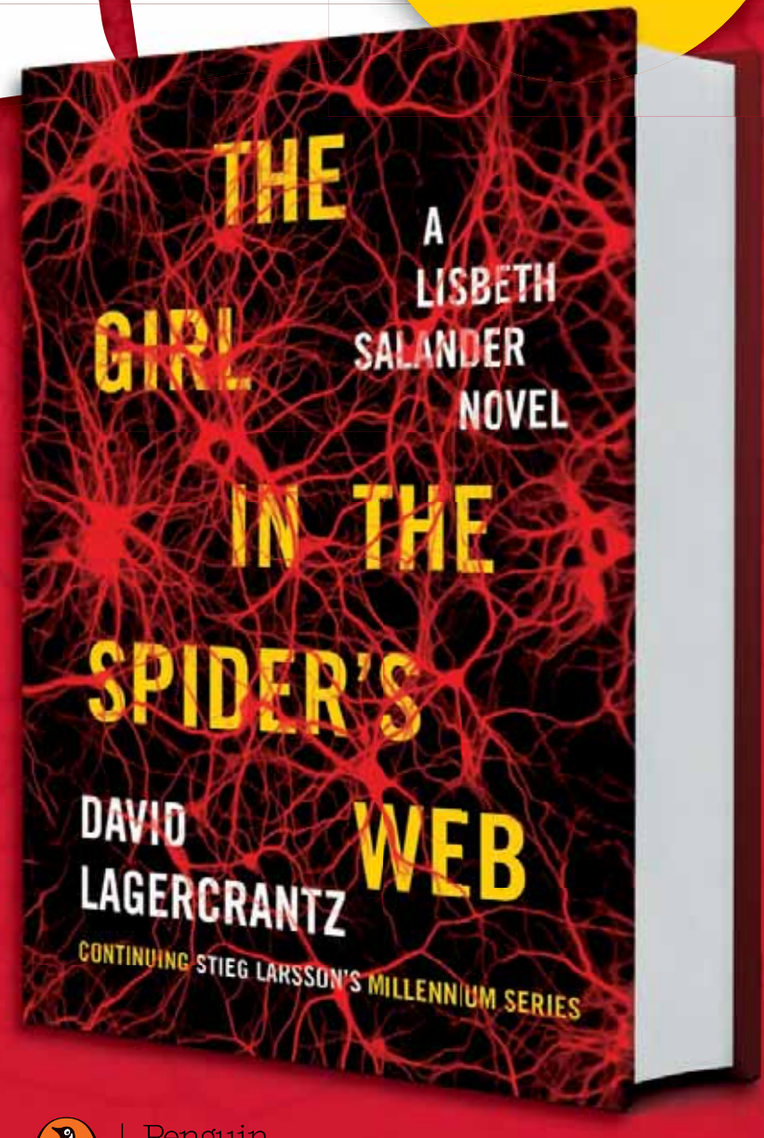

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PSYCHOLOGY

Research says teen goths more depressed

Teenagers who identify as goths, a subculture known for its members' black clothes and makeup, have a three times higher risk of depression than non-goth peers, researchers said Friday.

But they could not be sure whether it was a case of depression leading kids to join this particular subgroup, or being caused by it.

"Our study does not show that being a goth causes depression or self-harm, but rather that some young goths are more vulnerable to developing these conditions," said the study's lead author Lucy Bowes from the University of Oxford.

In a years-long study of over 2,300 British teens, Bowes and a team found that 15-year-olds who identified very strongly with the goth subculture were three times more likely than their non-goth peers to be clinically depressed by age 18.

They were also five times more likely to physically harm themselves, the researchers reported in The Lancet Psychiatry.

It was possible, the team said, that "peer contagion" within the goth subculture was responsible for the link, but it could also be that the group attracted already depressed social outcasts.

"Teenagers who are susceptible to depression or with a tendency to self-harm may be attracted to the goth subculture which is known to embrace marginalized individuals," said co-author Rebecca Pearson from the University of Bristol in Britain.

Teenage goths should be closely monitored, the authors said, so that those at risk can be offered support. AFP

AT-RISK

- At 15, the study participants were asked to what extent they identified with a variety of subcultures, including "sporty," popular," "skaters," "loners," and "bimbos." Three years later, they were reassessed for symptoms of depression and self-harm.
- "Skaters" and "loners" also presented an increased risk, but not to the extent of goths.
- Young people who self-identified as "sporty" were least likely to be depressed or engage in self harm at 18.

Researchers aren't sure if depression leads kids to identify as goths or if being a goth causes depression. ISTOCK

Misery helps with creativity: Theory

A woman looks at a photo of late singer Kurt Cobain, posing with a handgun. Researchers at King's College London say that people who are highly neurotic also have active imaginations. BERTRAND GUAY/AFP/GETTY IMAGES

NEUROTICISM

Being sensitive lights up imagination, authors posit

Eva Kis
Metro in New York

Misery doesn't just love company, it also inspires much of the art you enjoy. That link could be even stronger than we thought.

What psychologists call "neurotic unhappiness" and creativity have long known to be linked, though instead of Kurt Cobain, researchers at King's College London singled out physicist Isaac Newton, who got caught up in his anxieties both about the natural world and his own childhood.

Their theory posits that the same part of the brain that's responsible for "self-generated thought" (read: jokes, lyrics, eureka moments) is highly active in neurotic people, whose brains turn possibilities into highlight reels of anxiety-fuelled nightmares. Creativity and misery are not just good friends — they're roommates.

The most commonly cited explanation for neuroticism is that these people are more sensitive to threat, according to the work of British psychologist Jeffrey Gray in the 1970s. He noticed that rodents taking anti-anxiety medication were less sensitive to punishment, while it helped relax his human patients, even making them more cheerful.

"Gray had a useful and logical theory, but the problem is that it doesn't account for the full spectrum of neuroticism — it's pretty difficult to explain neuroticism in terms of magnified threat perception because high scorers often feel unhappy in situations where there is no threat at all," says personality researcher Adam Perkins, who writes about the theory in the most recent issue of Cell.

"The second problem is, there's literature showing neuroticism scores are positively correlated with creativity; and so why should having a magnified view of threat objects make you good at coming up with new ideas?"

> **We hope that our new theory will help people make sense of their own experiences and show that although being highly neurotic is by definition unpleasant, it also has creative benefits**
> Personality researcher Adam Perkins

"This could mean that for specific neural reasons, high scorers on neuroticism have a highly active imagination, which acts as a built-in threat generator," Perkins says.

Overthinking can also explain the link to the positive aspects of being neurotic, which is often extraordinary creativity.

While Malcolm Gladwell's 10,000 hour rule for perfecting a skill is in dispute, the effects of long-term practice — or, in the case of creativity, thinking about an idea much longer than anyone else, revealing new and interesting angles — is not.

"We're still a long way off from fully explaining neuroticism, and we're not offering all of the answers," Perkins says.

"But we hope that our new theory will help people make sense of their own experiences and show that although being highly neurotic is by definition unpleasant, it also has creative benefits."

Cameron Labine, left, directs Tyler Labine, centre, and Chace Crawford in the Canadian indie film Mountain Men, screening nationwide this week. CONTRIBUTED

Crawford goes into the Canadian wild

MOUNTAIN MEN

Cast and crew chased snowcaps in Revelstoke B.C.

Richard Crouse
For Metro Canada

"I love Canada," says Mountain Men star Chace Crawford. "I'm from Texas so I get along with Canadians really well. There is some weird kindred spirit there."

Crawford is best known as the star of Gossip Girl — he played Upper East Side heartthrob Nate Archibald on over 100 episodes of the hit show — but he got his big break working in Canada.

"I worked in Montreal on my first film ever back in 2005," he says. "It was a Screen Gems movie called The Covenant, which was like The Craft meets the Backstreet Boys. I had the best time of my life on that. I love Montreal but I know Montreal is a lot different than Toronto or Vancouver and definitely Revelstoke."

Revelstoke is, indeed, a long hike from Montreal. The beautiful southeastern British Columbia community has provided a backdrop for films dating back to the 1930s — a 1937 Lilli Palmer about the building of the Canadian Pacific Railway was partially shot there — and gave Mountain Men its picturesque setting.

The film is the story of estranged brothers Cooper (Crawford) and Toph (Tyler Labine, real-life brother of the film's writer and director Cameron Labine). When Cooper returns home to attend their mother's wedding, Toph tricks him into taking a trip into the Rocky Mountains. When everything goes wrong they must bond or die.

The scenery is suitably rustic, but Crawford says the location wasn't as rough as it looks in the film.

"We really pulled it off," he says. "To be honest we got there in April and had this house up in the middle of nowhere. There was a couple feet of snow everywhere but by the end it was gorgeous springtime. The snow just slowly melted. We had to keep going higher and higher up the mountain to make it look more treacherous. It was nice out almost. It was more wet than anything."

When he wasn't shooting on the mountain he was getting to know his co-star.

"Tyler and me shared a big house," he says. "He has a family and a wife and kids and he's a great dad, but he got to be away from that for a moment and kind of lock in. We'd go out and have a few drinks and get to know one another. There was nothing negative about it. We didn't get tired of one another or angry. It was more a bonding experience and by the end of it we were brothers from another mother."

SCREENING

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Eating a healthy breakfast can help improve your concentration at school during the day. SHUTTERSTOCK

Don't let your brain run on empty

HEALTHY EATING

Fruits, vegetables provide you with vital vitamins, minerals

Richard Woodbury
For Metro

As a student away from home the first time, it might be tempting to eat all the crappy food you can, but you won't be doing your body any favours.

"If you eat really badly, you're going to feel more tired, you're going to be more prone to getting sick," said Anna Lazowski, a registered holistic nutritionist from Winnipeg.

Healthy eating is the fuel that will help get you through a stressful year.

Making vegetables a staple of your diet is key. Load up on them because they will help protect your body against disease, provide vitamins, minerals and antioxidants.

To ensure the vegetables will be used before they go bad, plan your meals days in advance, said Wendy McCallum, a food coach and educator in Halifax. As part of the planning, you may want to chop them up when you get home from the grocery store and put them in plastic baggies, she said.

Buying frozen vegetables is a good way of ensuring there won't be any spoilage, McCallum said.

Eating breakfast each day is a must. Not doing so makes you more likely to have higher levels of fatigue, poorer concentration and an unhealthy body weight.

An easy healthy breakfast option is a green smoothie.

"It doesn't take anything except having the greens in the fridge and having a blender," said Janet Zdichavsky, a registered holistic nutritionist from Toronto.

With some kale, collards, spinach, green apple, ginger, water and a scoop or two of protein powder, that's all you need, she said.

> **If you eat really badly, you're going to feel more tired, you're going to be more prone to getting sick.**
> Anna Lazowski, a registered holistic nutritionist from Winnipeg

Another healthy breakfast alternative is a banana, some full-fat Greek yogurt (it will help you stay full) and some almonds, Lazowski said.

Incorporating salads into your diet will ensure you eat plenty of vegetables. To ensure they are filling, add a lean protein source, such as grilled chicken, lentils or beans.

If you are looking to add flavour to your foods, spices are crucial.

"There are lots of things you can do with cheap spices to zip things up," McCallum said.

She recommends shopping at a bulk store for spices because it will cost a fraction of what it would at a grocery store.

Besides salt and pepper, she recommends stocking your shelves with oregano, basil, thyme, curry, chili powder, cumin, cinnamon, paprika, red pepper flakes and coriander. And get some onion and garlic powder if you aren't using the fresh options.

LANGARA COLLEGE

A special season for Studio 58

With the start of the new school year, Langara College will be celebrating the 50th anniversary of Studio 58, its theatre arts department. The school will mark the occasion with a special season of performances and a celebration event.

Theatre legend Anthony Holland, who recently passed away, founded Studio 58 in 1965. In the beginning, it was run out of a portable behind Vancouver Community College's King Edward campus. Since then, it has grown to be one of the top professional theatre training programs in Canada.

Studio 58 alumni can be seen in numerous theatre productions around the world, including Bard on the Beach, the Arts Club, the Stratford and Shaw festivals, Soulpepper Theatre, the Belfry, the Citadel, and Britain's National Theatre. They can also be found in television productions, and behind the scenes working as playwrights, light and sound technicians, and stage managers.

"Over the past 50 years, Studio 58, the professional theatre training program at Langara College, has become one of the most distinguished and renowned cultural institutions in Canada," said Julie Longo, dean of the faculty of arts at Langara.

"On Sept. 12, we will celebrate the accomplishments of the talented faculty, staff, students, and alumni of Studio 58, and we're all excited to usher in the next 50 years."

For more information, visit langara.bc.ca.

DANIEL HENDRIKSEN

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BCIT president Kathy Kinloch, left, Burnaby North MLA Richard Lee, carpentry instructor Dave Gall, and Advanced Education Minister Andrew Wilkinson watch carpentry foundation student Aaron Cawker demonstrate carpentry skills. CONTRIBUTED

Funding will pay for new equipment

Daniel Hendriksen
For Metro

As part of the province's Skills for Jobs Blueprint, the British Columbia Institute of Technology (BCIT) is set to receive $2.3 million to purchase industry-standard trades training equipment.

A recent announcement from the provincial government said BCIT was among a list of institutions that will receive part of a $185-million investment over the next three years. The goal behind the money is to support students entering in-demand sectors including LNG, shipbuilding and ship repairs, and construction.

Advanced Education Minister Andrew Wilkinson said in a media release that the funds will go a long way in benefiting trades students.

"New trades training equipment at BCIT ensures students train on the same types of equipment used on job sites throughout B.C," Wilkinson said. "This training will help students graduate ready to take advantage of opportunities in sectors, including LNG, and shipbuilding and repair that support our diverse, strong and growing economy."

"This funding for trades training equipment will support students entering in-demand sectors throughout the province," said BCIT president Kathy Kinloch. "Our students will be able to train on industry-current equipment, allowing them to hit the ground running once they reach the job site."

To date, BCIT has received more than $20 million to support trades training students as part of B.C.'s Skills for Jobs Blueprint. The school plans on using the most recent funds to purchase equipment such as welders, a power feed drilling machine and a hydraulic shear.

The Jobs Blueprint outlines the province's plan to redesign its education system in order to ensure education and training aligns with B.C. jobs.

Earlier this year, the government announced $5 million was to be allocated for 14 institutions to purchase new equipment, as well as $13 million to reduce wait lists in high-demand trades programs.

JUSTICE INSTITUTE OF BRITISH COLUMBIA

Awards support emergency training

The newest batch of recipients to receive the BC Hydro community safety award was recently announced by the Justice Institute of British Columbia (JIBC) Foundation. The 13 successful communities will receive $2,000 to put towards specialized emergency management training provided by JIBC.

This year's winners include: City of Burnaby; City of Campbell River; City of Colwood; Fort Nelson First Nation; Regional District of North Okanagan; Northern Rockies Regional Municipality; City of Pitt Meadows; Village of Port Alice; City of Port Moody; Squamish Nation; District of Squamish; Squamish Lillooet Regional District; and Sunshine Coast Regional District.

Thanks to BC Hydro, employees and volunteers in these communities are able to complete emergency management courses and applied training through JIBC, either at a JIBC campus, online, or hosted in their own community.

"With the growing number of natural and human-caused emergencies and disasters affecting our province, we are very pleased to have BC Hydro support the training needs of emergency response leaders in B.C.," Rick Page, vice-chair of the JIBC Foundation, said in a media release. "As a long-standing partner, BC Hydro is playing a pivotal role in the development of exceptional public safety leaders and the building of safer communities."

BC Hydro has committed more funds in order to allow another instalment of the award to be handed out next year as well.

According to Tennille Wong, manager, community investment at BC Hyrdo, community safety and safety in general is something her organization takes seriously.

Applications for upcoming BC Hydro community safety awards are due Sept. 30, and May 31, 2016.

DANIEL HENDRIKSEN

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JIBC hosts class of Chinese cadets

Daniel Hendriksen
For Metro

Justice Institute of British Columbia (JIBC) continues to build on its strong relationship with Chinese school Jiangsu Police Institute (JPI). Earlier this month, JIBC welcomed its third contingent of students and instructors from JPI.

The group, which included 24 Chinese recruits, travelled to JIBC's New Westminster campus in order to gain valuable insights about the latest and best practices in Canadian law enforcement. In addition to learning at JIBC, the JPI students were fortunate to take in several other policing activities in the Lower Mainland. Some of these included visiting local police stations in Vancouver and New Westminster, learning about various law enforcement subjects, including community policing and economic crime, investigations and police co-operation, incident command systems, and anti-terrorism.

Ken Davies, manager of international programs in JIBC's office of international affairs, said he was proud to see the latest group of Chinese cadets and instructors at JIBC as it builds on their previous relationship.

"We are pleased to welcome our third delegation of police recruits and instructors from Jiangsu Police Institute," Davies said in a press release. "We value the growing trust we have developed with Jiangsu Police Institute and many other police colleges in China to support the transformation of law enforcement education in China."

The JPI cadets received top-notch education while in B.C. All teaching and seminars were provided by active and experienced professionals from various Lower Mainland law enforcement agencies, including lectures from leaders of B.C. municipal police departments.

JIBC's first visit from Chinese students and instructors was last summer and saw more than 50 cadets from the provinces of Jiangsu and Jiangxi. Then, this past February, JIBC welcomed the largest contingent of Chinese Cadets as three Chinese law enforcement colleges (Jiangsu Police Institute, National Police University and the Jiangsu Justice Police Advanced Vocational School) sent a total of 92 cadets to JIBC.

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SHUTTERSTOCK

KWANTLEN POLYTECHNIC UNIVERSITY

Fashion design students in pursuit of perfection

Arc'teryx, a North Vancouver-based outdoor equipment and sporting wear company, recently strengthened its existing relationship with Kwantlen Polytechnic University (KPU) with a $20,000 contribution to the school.

The funds will be used to establish the Arc'teryx pursuit of perfection endowed award — a $1,000 annual grant for a third- or fourth-year Wilson School of Design student enrolled in KPU's fashion design and technology program.

"We've been incredibly fortunate to have been able to hire some very talented students through our current internship program with KPU," Jennifer Martin, director of HR for Arc'teryx, said in a press release. "As a fast-growing company, we know that to maintain our brand position as a global leader in technical apparel we need to invest in developing and ensuring that we have a constant pipeline of that local talent coming to us. This is the first step in that direction."

Former KPU grad Nancy Fedoruk was once an Arc'teryx student intern and has since worked her way up with the company to become its design developer for the essentials and traverse team. She said she wouldn't be where she is today without the opportunities and experiences she gained as an intern.

"I was constantly learning, both at school and work, which kept me motivated to succeed," Fedoruk said. "I always knew technical apparel was where I wanted to be in the fashion industry and Arc'teryx is at the top of the list when it comes to innovation and quality. My internship really gave me the opportunity to apply and hone my skill set before graduation and that was extremely valuable."

The first of Arc'teryx pursuit of perfection award is expected to be handed out this year.

For more information about KPU's Wilson School of Design programs, visit kpu.ca/design.

DANIEL HENDRIKSEN

Research gets $73.6M boost

Daniel Hendriksen
For Metro

SHUTTERSTOCK

A variety of different research projects at the University of British Columbia (UBC) will benefit from $73.6 million in grants from the Canadian Institutes of Health Research (CIHR).

"We are thankful to CIHR and the Government of Canada for providing more than $73 million in support for UBC health researchers," UBC president Arvind Gupta said in a media release.

"Our researchers are tackling an array of health issues such as cancer, stroke, autism, heart disease and dementia. The new foundation grants program will ensure their work has long-lasting benefits locally, nationally and internationally."

The funding is split between CIHR foundation grants totalling $51.4 million and CIHR open operating grants totalling $22.2 million. The CIHR foundation grants are being awarded for the first time and are part of a $600-million investment in health research by the Government of Canada.

One of the UBC researchers to receive funding is Janice Eng, who will be receiving $2.48 million over seven years to further her stroke research. Eng has developed two major rehabilitative programs that are improving recovery for the 315,000 Canadians living with the effects of stroke.

"The flexibility of the foundation grant will enable me to develop innovative treatments, evaluate them through rigorous multi-site clinical trials and move them quickly to the community to improve the recovery and health of Canadians who are living today with the effects of a stroke," Eng said.

Other UBC researchers to receive funding include: John Gill (strategies to achieve self-sufficiency in kidney transplantation in Canada); David Granville (granzymes in tissue injury, inflammation and repair); Mary Jung (self-regulation of exercise behaviour in individuals with prediabetes: From evidence to community implementation); Richard Lester (evidence to action for Canadian and global mobile health (mHealth) communication to promote patient engagement in care: A rigorous implementation science approach); and Timothy Murphy (enabling novel circuit-based treatments for stroke: Insights from cortical circuit monitoring and manipulation in mouse models.)

SPONSORED CONTENT

Immerse yourself in a total French experience

Starting on Sept. 8, classes will be in session at Alliance Francaise de Vancouver — the largest French school in Vancouver.

"What makes us unique is that we strive to hire only native French speakers with master's degrees in French teaching as a second language," says Valentin Morin, the school's education manager. "In June, our student satisfaction rate was at 96 per cent."

Flexible scheduling, modern teaching methods, tools such as interactive projectors and the largest French library in British Columbia also play a role in ensuring student satisfaction and success, Morin says.

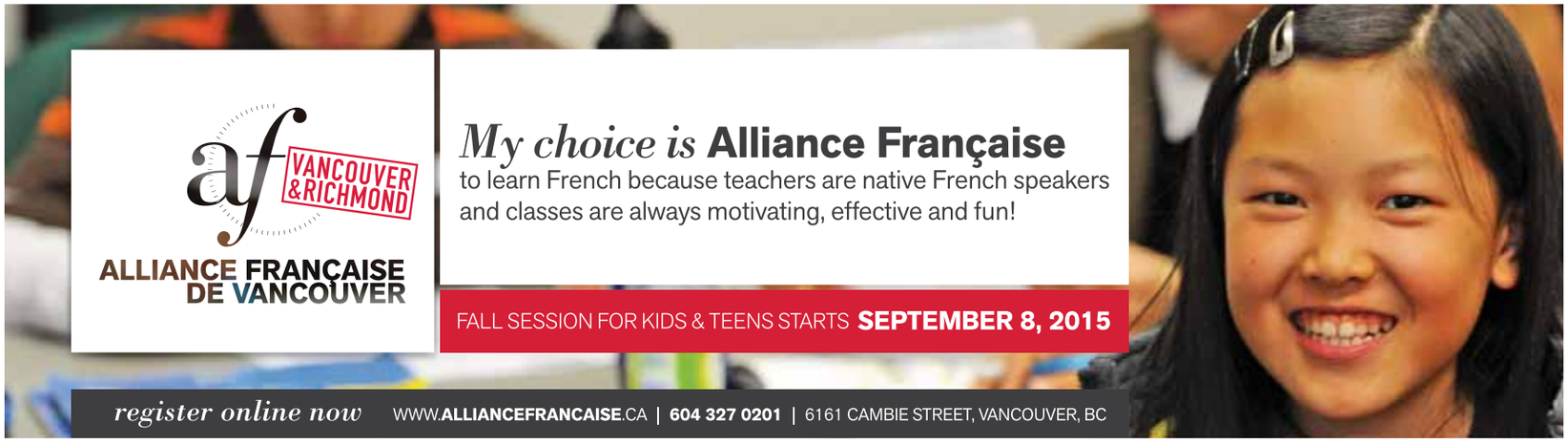
"Everything is geared towards communications objectives. Additionally, the books are French, the teachers speak French and we encourage kids to communicate with one another in French. It is a total immersive experience."

Pre-enrollment placement tests determine the level of a student's understanding of the language and place them accordingly in classes of five to 15 students.

"In public school, there are so many levels of understanding in one class. Here, kids are grouped by where they will fit best," says Morin, adding that classes are available for children ages five to 18.

Alliance Francaise de Vancouver also offers private tutoring for children and teens, as well as a wide range of adult classes.

For more, visit alliancefrancaise.ca.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MTICC TOURISM, HOSPITALITY MANAGEMENT

If you can't decide between travel and tourism or hospitality management, MTI Community College (MTICC) has a smart solution in the form of its tourism and hospitality management offering.

"Tourism and hospitality management combines the two programs in a two-year dual diploma program," says Quin Siah, campus director of the school's Burnaby location, where the offering is facilitated.

Students have the advantage of obtaining the skills they need to launch a successful career in the tourism industry as tour operators, cruise specialists, airline reservation agents, airport gate agents, travel counsellors and hotel front desk agents, or in the hospitality management industry within lodging facilities, as well as food and beverage operations.

SHUTTERSTOCK

"Our programs provide students with hands-on, practical skills in addition to the theoretical knowledge that forms the base of program objectives," Siah says. "They also benefit from a variety of hands-on activities. For example, field trips to local hotel facilities, in-class projects like a restaurant concept design, as well as learning how to use computerized reservation systems commonly used by travel agencies called Apollo and Sabre are all part of the program."

Not only does the in-class, hands-on learning approach benefit students in terms of better understanding concepts, but it also prepares them for an on-the-job component of the tourism and hospitality management offering.

"The travel and tourism program offers a three-week practicum, typically within a travel agency," Siah says. "Students gain first-hand knowledge of the travel and tourism industry by assisting customers with their travel bookings. The hospitality management program offers a four-week practicum in either a hotel or restaurant facility. So students who choose the dual diploma program will have both of these practical experiences."

With experienced instructors, who Siah says all hold at least five years of local and international industry experience, students who attend this program also enjoy the added benefit of interacting and being guided by professionals with current knowledge of the field.

For more information about the tourism and hospitality management program or any of MTICC's other hospitality and tourism offerings, please visit mticc.com.

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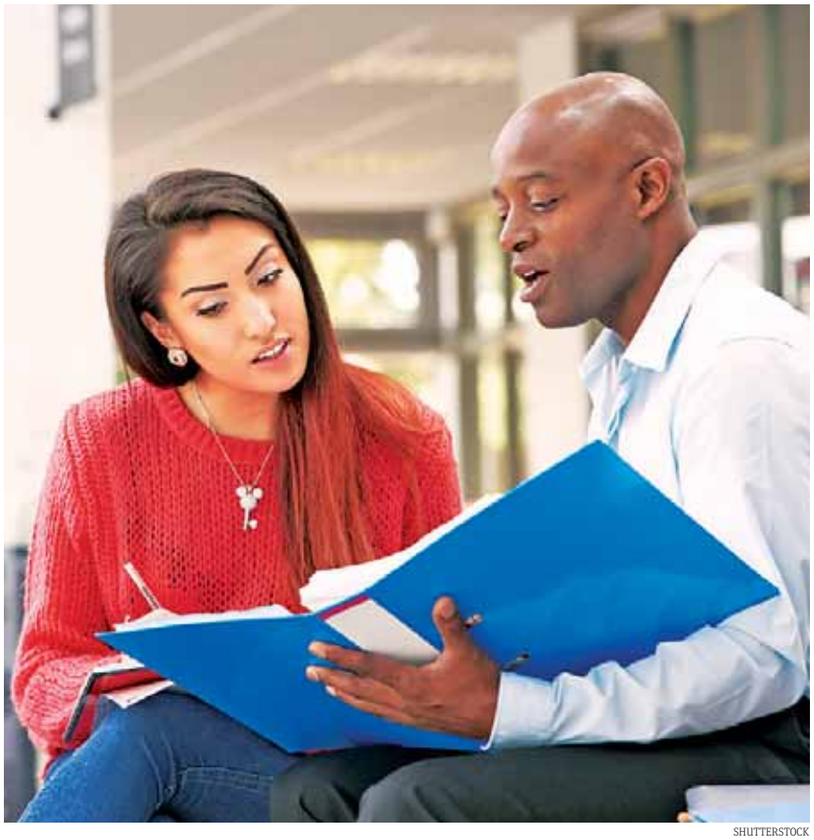

SHUTTERSTOCK

Services help ensure goals are reached

VCC committed to the success of its students

College students face a unique set of challenges as they try to balance their studies with various other responsibilities. To ensure student success, Vancouver Community College offers a range of student services that is in high demand, says the school's VP academic, students and research.

"These services are a way to smooth the road for students and provide a framework of support for them to help them have a positive experience at school and achieve their goals," says Dr. Kathryn McNaughton.

Among the student services offered at VCC, all of which are included in the cost of tuition, are Aboriginal services, counselling, interpreting and disability services, tutoring, peer helpers and more. While McNaughton says some of these are standard across post-secondary institutions, others are unique to VCC.

"Our standout services are interpreting services to serve our deaf and hard of hearing students, and our Learning Centre, where we offer easily accessible professional tutoring in math, science, health sciences, business and English. In 2014, we held 21,471 one-on-one tutoring sessions."

Additionally, McNaughton says, the VCC tutoring services not only help to ensure students do well in their courses, but also help them save a significant amount of money.

"For example, private university prep math and science tutors charge $50 to $85 per hour," she says. "In the Learning Centre, students can receive tutoring from professional tutors for free. The students can come see the tutors every single day, every single week of their term."

Students are oriented to services through Welcome Days, an interactive opportunity to ask questions and learn all there is to know about life at VCC.

"The people who work in the service areas of the college are genuinely interested in their success and having a positive learning experience at VCC," McNaughton says. "They are committed to doing what they can to help students achieve their goals. Services are confidential and on campus, and we are here to serve their needs."

VCC is developing a Learning Commons model, which will be an enhanced one-stop shop for students to access supports.

For more information, visit vcc.ca.

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Tuesday, Sept. 1, 6:30 p.m. - room, 920	Downtown
Thursday, Sept. 3, 10:30 a.m. - room 920	Downtown
Adult upgrading	
Wednesday, Sept. 2, 4 p.m. – room 1227	Broadway
First-year University transfer (computing science)	
Wednesday, Sept. 2, 4 p.m. – room 1227	Broadway
First-year University transfer (engineering)	
Wednesday, Sept. 2, 4 p.m. – room 1227	Broadway
University transfer	
Wednesday, Sept. 2, 4 p.m. – room 1227	Broadway
Networking technology	
Thursday, Sept. 3, 5 p.m. – room 627	Downtown

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Broadway campus
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SCHOOL EXPERIENCE PERSONALIZED

VCC ACCOMMODATES WORK PLACEMENTS FOR STUDENTS

SHUTTERSTOCK

While many schools offer students a practicum opportunity, it is rare for an institution to find the placement and personalize the experience. But that's exactly the case with Vancouver Community College's (VCC) administrative assistant program.

"If they express an interest, we try to accommodate it and we try to send students to a location close to their home to make it convenient," says Helen Roberts, the department head of the applied business department at VCC. "For example, we recently sent students to places like the Vancouver Aquarium, a music school, a church and a mining company."

The two-week practicum completes an eight-month offering, during which students learn administrative assistant fundamentals and technical skills through hands-on learning.

"We try to replicate the workplace in the classroom, but nothing beats sending them out to put into practice what they learned," Roberts says. "Hosts are really impressed with our students because they go beyond what is expected, and that is a credit to them and our instructors' teaching skills."

Students are job-ready upon graduation and, Roberts says, some end up returning to VCC to advance their careers through the executive assistant and legal administrative assistant programs.

Registration is open for the program's Jan. 4, 2016, start date. To learn more, you can attend an information session Sept. 14 at 4 p.m. at VCC's downtown campus, visit vcc.ca, or email hroberts@vcc.ca.

An emphasis on practical, clinical skills

If you are passionate about human or animal well-being, the West Coast College of Health Care has the program for you, says the institution's senior educational administrator.

"The emphasis is on providing practical and clinical skills to students," says Jill Arnold of the institution, which is accredited by the Private Career Training Institutions Agency of British Columbia. "Because of that, as well as a great teacher-to-student ratio, a program advisory board and close connections with employers, graduates get hired. We know what employers are looking for."

Whether you attend the school's medical laboratory assistant diploma program or its veterinary assistant diploma program, Arnold says both contain a hands-on approach and real-world experience through a four-week practicum.

"This laboratory assistant program is for people who are comfortable working with blood and needles and want to be part of the diagnostic process of the medical field," Arnold says of the 28-week offering.

The veterinary assistant program, meanwhile, is 26 weeks and goes beyond just working with animals, Arnold says.

"We focus on big and small animals, which is important as we have close connections to many animal organizations so students aren't limited in practicum opportunities. But there's also an element of working with people because people are the vehicle for the animals that come in."

The West Coast College of Health Care also offers a phlebotomy refresher program.

For more information, please visit westcoastcollege.com.

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The playoff-hopeful Cubs acquired Austin Jackson from the Mariners

Tuesday, September 1, 2015

Price can't buy Blue Jays their fourth straight win

MLB

Encarnacion pushes hitting streak to 26 games in loss

Danny Salazar outlasted David Price in a pitchers' duel as the Cleveland Indians beat the Toronto Blue Jays 4-2 on Monday night.

The two aces combined for 19 strikeouts in a tight game between two of the hottest teams in the American League.

MONDAY In Toronto

4	2
INDIANS	BLUE JAYS

The Indians' Jason Kipnis dives safely into third base against the Blue Jays' Josh Donaldson at Rogers Centre on Monday night. TOM SZCZERBOWSKI/GETTY IMAGES

Price (13-5) struck out nine over seven innings, allowing three earned runs as Toronto (74-57) ended a three-game win streak. Josh Donaldson had a two-run triple and Edwin Encarnacion extended his hit streak to 26 games with a single and a double.

Brett Cecil came in from the bullpen for a scoreless eighth before the Indians added a run in the ninth off LaTroy Hawkins.

Salazar (12-7) fanned 10 batters and allowed two runs over seven innings as Cleveland (64-66) won its sixth in a row and gained ground the AL's wild-card race. Cody Allen got four outs, earning his 28th save of the season.

Ryan Raburn tied it at 2-2 for Cleveland in the seventh inning, driving in Carlos Santana from first base with a triple off the right-field wall.

The Indians then claimed a 3-2 lead when Jerry Sands singled to left field to bring home Raburn.

Toronto threatened to retake the lead in the eighth inning.

Jose Bautista reached base on a single, Encarnacion pushed him to third with a double and then Cleveland intentionally walked Troy Tulowitzki to load the bases.

Justin Smoak struck out swinging to end the threat.

THE CANADIAN PRESS

Opportunity too good to pass up, Shapiro says

In 1992, Mark Shapiro and younger brother David packed a U-Haul and drove by the future site of Jacobs Field. During Shapiro's first week with the Cleveland Indians, the final building was demolished to make room for the new stadium as the team began a new era.

Soon, Shapiro will arrive in Toronto to start a new era at the helm of the Blue Jays. As the team's next president and CEO, Shapiro has plenty of challenges ahead of him, on the field and in the front office, the board room and Rogers Centre itself.

"This opportunity for me is the right challenge at the right time," Shapiro said at a news conference in Cleveland. "This is one that fits my skill set. It fits what provides fulfilment for me on a daily basis."

Shapiro will take over for the retiring Paul Beeston at the end of this season after working the past 24 years in various front-office capacities with the Indians, the past five as club president. The 48-year-old said the "compelling and unique" nature of the Blue Jays' position made it too attractive to pass up.

Shapiro will soon take over a franchise that's on the way to its first playoff appearance since 1993 and one that has plans to renovate Rogers Centre in the coming years. The stadium, which opened in 1989, is expected to have an all-grass field by 2018, and could get a facelift elsewhere.

> **"Whatever he wraps his arms around, he'll make it better."**
> Indians manager Terry Francona

He was part of renovations to Cleveland's stadium, now named Progressive Field, that made it a more fan-friendly ballpark.

On the baseball side, Shapiro's first order of business is a decision on the future of general manager Alex Anthopoulos, whose off-season and trade-deadline moves shaped Toronto into a contender. Anthopoulos traded for MVP candidate Josh Donaldson and signed catcher Russell Martin in the off-season, then acquired ace David Price, shortstop Troy Tulowitzki and others late last month.

Like Beeston's, Anthopoulos's contract is up Oct. 31.

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

Mark Shapiro will replace Paul Beeston once this season is over. THE ASSOCIATED PRESS

IN BRIEF

Roughriders' head coach Chamblin gets sacked

The Saskatchewan Roughriders announced on Monday they have fired head coach Corey Chamblin, and vice president of football operations and general manager Brendan Taman.

The Roughriders are coming off a 35-13 loss to Ottawa on Sunday that dropped their record to 0-9. They are the only winless club in the CFL this season and sit in the West Division basement, six points behind the Winnipeg Blue Bombers, who are 3-6.

"We are not meeting our expectations or our standards on the field and these changes were necessary to move us forward," said Riders president and CEO Craig Reynolds.

THE CANADIAN PRESS

Impact name interim coach

Mauro Biello has the Montreal Impact in his blood and wants to inject that local pride and enthusiasm into the fading team.

The 43-year-old Montreal native, with the club since it was founded in 1993, will try to "change the mentality" of the 8-11-4 Impact heading into the final 11 games of the Major League Soccer regular season.

Biello was named interim head coach when Frank Klopas was fired early Sunday morning after a 2-1 defeat in Toronto.

THE CANADIAN PRESS

Ortiz and Betts homers help Red Sox edge Yankees

David Ortiz hit his 495th home run and Jackie Bradley Jr. had three hits and threw out a runner at the plate to lift the Boston Red Sox to a 4-3 victory over the New York Yankees on Monday night. Mookie Betts hit a two-run homer for the Red Sox. It was their ninth win in 13 games.

Didi Gregorius had four singles for New York, which had scored 20 runs on Sunday to complete a three-game sweep over Atlanta. He flied out to the warning track with the bases loaded and two outs in the top of the ninth. The Yankees remain 1-1/2 games behind AL East-leading Toronto, which lost 4-2 to Cleveland on Monday. THE ASSOCIATED PRESS

Japan's Nishikori eliminated in N.Y.C.

U.S. OPEN

Finalist from 2014 falls on Day 1 at Queens

A year after his run all the way to his first Grand Slam final, Kei Nishikori's stay at the U.S. Open lasted only a few hours.

The fourth-seeded Nishikori had two match points in the fourth-set tiebreaker against 41st-ranked Benoit Paire, but the Frenchman saved both of them, then took control in the fifth for a 6-4, 3-6, 4-6, 7-6 (6), 6-4 victory Monday.

It was the first win of his career against an opponent ranked in the top five.

"When I saw the draw against Kei, I said, 'Bad luck,'" Paire recalled.

But then he reminded himself he had been competitive in two previous losses to the Japanese star.

"It's not like if I play against Roger Federer," Paire said, explaining he knew he could get something going against Nishikori's serve. "Against Kei, I know I can play."

Nishikori had withdrawn from the hard-court warmup at Cincinnati, citing a hip injury, but he said Monday he was fine physically. Still, he looked sluggish late in the match, which lasted three hours, 14 minutes on a steamy day.

"He was very aggressive, so there was many rallies, and it was tough to get rhythm," Nishikori said. "He hits a lot of drop shots and good serves."

Last year at Flushing Meadows, Nishikori became the first man from Asia to reach a major final, where he lost to Marin Cilic.

THE ASSOCIATED PRESS

Kei Nishikori's loss was the first time since 1999 that a U.S. Open men's finalist lost in the first round the following year. THE ASSOCIATED PRESS

CANADIAN CONTENT

Canadians Milos Raonic and Eugenie Bouchard advanced to the second round of the U.S. Open with wins on Monday.

Raonic moved on with a 6-4, 7-6 (8), 6-1 win over Tim Smyczek, and Bouchard beat Alison Riske for the fifth straight time, winning 6-4, 6-3.

In evening play, Vasek Pospisil fell to Austrian Andreas Haider-Maurer 4-6, 6-3, 7-6 (7), 0-6, 1-6. THE CANADIAN PRESS

Milos Raonic, the men's 10th seed KENA BETANCUR/AFP/GETTY IMAGES

Fred Jackson won't be a mainstay at Ralph Wilson Stadium this season after being dropped Monday. BRETT CARLSEN/GETTY IMAGES

BUFFALO BILLS

Jackson cut on day of tough decisions

Safety Aaron Williams had tears welling in his eyes and wore his emotions on his back upon learning the Bills had cut Fred Jackson.

Rather than wear his blue No. 23 jersey for practice, Williams hit the field wearing Jackson's No. 22 white shirt — with Jackson's name on the back — to pay tribute to the veteran running back, who was among 11 players released by the Bills Monday.

"It's just like having a brother be gone," Williams said.

"To me, Fred was the Governor of Buffalo. Everybody looked up to him," he explained. "It's a deep blow for us in the locker-room and people in the community."

For the first time in nine years, the Bills will open the season minus Jackson, whose blue-collar approach and perseverance made him a fan favourite.

General manager Doug Whaley said Jackson was expendable in part because of the Bills' new depth and the $2.35-million base salary he was scheduled to make.

Also on Monday, the Buffalo Bills named Tyrod Taylor their starting pivot after a three-way quarterback competition during the pre-season.

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RECIPE Brown Rice, Black Bean and Avocado Pilaf

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This pilaf is great-tasting and visually beautiful. Rice and beans make a complete protein when combined.

Serves 4

Ready in
Prep time: 10 minutes
Cook time: 30 minutes

Ingredients
- 1 cup brown rice
- 2 cups chicken or vegetable stock
- 1 1/2 cups canned black beans, drained and rinsed
- 1 1/2 cups sliced cherry tomatoes
- 1/2 cup diced ripe avocado
- 1/3 cup diced green onion
- pinch freshly ground black pepper
- 1 Tbsp olive oil
- 3 Tbsp freshly squeezed lime or lemon juice
- 1/3 cup chopped cilantro or parsley

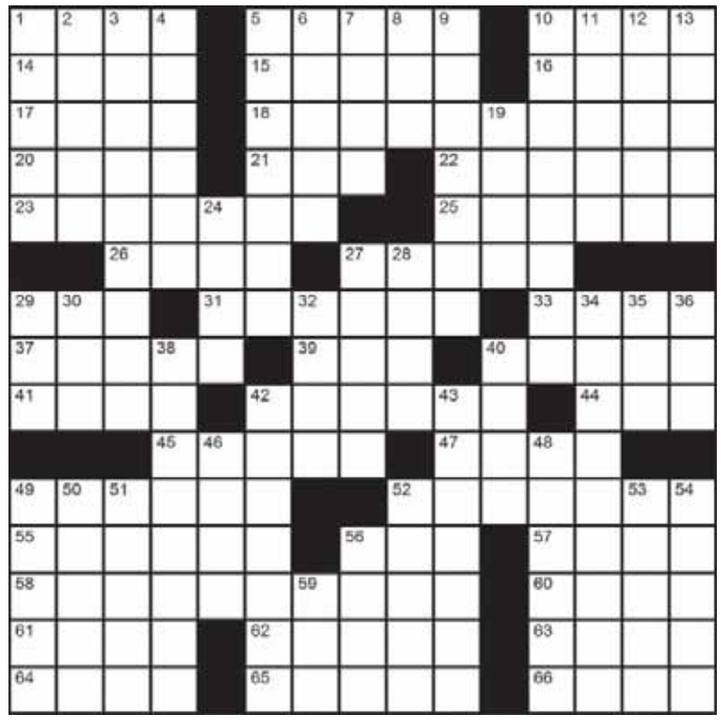
Directions
1. Combine the rice and stock in a medium saucepan, cover and bring to a boil. Lower the heat and simmer for approximately 30 minutes, or until the rice is still slightly tender.
2. Cool for 10 minutes.
3. Combine the remaining ingredients in a bowl, mixing well. Stir into the rice mixture and serve immediately.

Nutrition per serving
- Calories 325
- Protein 11 g
- Carbohydrates 53 g
- Fibre 6.7 g
- Total fat 8 g
- Saturated fat 1.1 g
- Cholesterol 0 mg
- Sodium 309 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pacific Northwest salmon
5. Rendezvous
10. Fair
14. Luke Wilson's actor brother
15. Pantheon of Norse gods
16. Exclusively
17. Building wings
18. International fishing area in the North Atlantic near the 'Nose' of the Grand Banks of Newfoundland: 2 wds.
20. Type of food shop
21. Chemin de __ ('Railroad' in French)
22. __ Maid (Orange juice brand)
23. Analyzed
25. Like a sailboat
26. Temporarily gave
27. Extract metal from ore
29. Passenger plane pilot's prediction, puny-ly
31. One of Santa's crew
33. Herman Melville story of 1847
37. Gangly
39. Dancer's step
40. Scornfully grin
41. Time for lunch, in Montreal
42. Nova Scotia: Isle __ (Island off Cape Breton)
44. Miracle-__ (Gardening product)
45. U2 tune: "__ (In the Name of Love)"
47. "__ la Douce" (1963)
49. Descend the cliff via rope
52. Protective piece of sports equipment
55. Artificial
56. Father
57. Fast food service, with Drive-
58. Durability
60. Red __ (Wieners by Canadian brand Schneiders)
61. Trigonometry ratio
62. Specialized calling, as in business
63. Taking care of things: 2 wds.
64. Perfected
65. Crow
66. "Disco Duck" singer Rick

DOWN
1. Some students
2. Young Bird of Minerva
3. Land of Flat Stones: Baffin Island, to early Norse explorers
4. __ kick, as in football
5. Bridesmaid dress fabric
6. Took the helm again
7. River of Flanders
8. Actor Alastair
9. Hedge tool
10. David __, Governor General of Canada
11. Rough, as diamonds
12. Writing tablet
13. Used the keyboard to write
19. Earth crust's upper layer
24. Car race, with 500
27. Leafy tree's offering from the beating sun
28. Raised flatland
29. Furniture wood
30. __ Chi (Martial Art)
32. French fighter plane of WWI
34. Early movie director's speaking prop
35. Not 'neath
36. __-Medonte (Ontario township)
38. Like salted/smoked herring
40. Very dry
42. __ about (Aimlessly wandering)
43. Outlook
46. Interpret, __ into
48. Way
49. Tony La __ (Legendary baseball manager)
50. Caper
51. Dried plum
52. Buckwheat cereal served warm
53. Mr. Shaw (Famed clarinettist)
54. Does some housework
56. Art __ (Design style)
59. Zippo

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your confidence is sky high and no matter what challenges come your way today you will deal with them with ease. Having said that, you don't have to do it all by yourself, you will have help if you ask for it.

Taurus April 21 - May 21
Sometimes you're afraid to act in case you make a fool of yourself but today you will take the kind of risks you usually go out of your way to avoid. Your confidence will pay off.

Gemini May 22 - June 21
Go take on the world today but be warned: with many planets moving retrograde the gains you make now could be lost later, so don't get carried away by your own brilliance.

Cancer June 22 - July 23
Usually you prefer to steer clear of the limelight but today you love the attention. You rather enjoy it when people recognize you on the street. Be famous — not infamous.

Leo July 24 - Aug. 23
You are determined to make something of your talents but don't use up all your energy making money or getting ahead at work. Friendships and love affairs are well starred today.

Virgo Aug. 24 - Sept. 23
You want to impress people in power but don't make it seem as if you are looking to take over, even if you are. Ambition is admirable, but if others feel threatened they will hit back.

Libra Sept. 24 - Oct. 23
The good times just keep getting better. With your ruler Venus linked to action planet Mars today everything will work out for the best. You are free to do as you please without fear of the consequences.

Scorpio Oct. 24 - Nov. 22
You will lose sight of reality and maybe get a bit emotional about things that do not matter. What you are worrying about is most likely an illusion, so snap out of it.

Sagittarius Nov. 23 - Dec. 21
Mars in your fellow Fire sign of Leo boosts your energy and helps you get things done. If you are making social or travel plans, make sure to consult loved ones.

Capricorn Dec. 22 - Jan. 20
All the hard work you have put in lately will pay off this week. Just be careful that, in the warm glow of success, you don't agree to take on extra duties and responsibilities.

Aquarius Jan. 21 - Feb. 19
The planets suggest that you will come out ahead in most things but that does not mean you have to do everything. Choose your tasks carefully. What you don't do may be as important as what you do do.

Pisces Feb. 20 - March 20
You want to unburden your feelings. Don't worry that by baring your soul you might give others the impression that you are weak. On the contrary, it shows you possess inner strength.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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